



## MESSAGE FROM MAYOR GOODALL

*Greetings Residents,*

On March 9, 2016 the Town will hold a general election for electing three (3) Councilmembers to serve two-year terms. The polls will be open from 11:00 a.m. until 8:00 p.m. at the Town Hall.

For many people, "voting" means casting a ballot for president once every four years. But there are also local elections every two years, and they impact important issues that affect our everyday lives. Aside from simply being a politically active citizen, there are multiple reasons you should vote. Local elections may seem trivial compared to all the hype surrounding presidential elections, but they determine some pretty significant political positions and laws.

Voting is extremely important, while the federal government doesn't decide everything about our lives, those who are elected do make decisions that impact every person in our country. State and local governments have a lot of control over everything from how your tax dollars are spent to how late liquor stores can stay open.

In 2011, less than 21 percent of voting-age residents in 144 U.S. cities voted in their local elections, which means that less than a fifth of the population chose their local politicians, and decided on whatever initiatives were on the ballot in each city. When voter turnout is low, elections don't properly represent how citizens feel. The only way to more accurately represent the desires of the population is for more people to vote.

The deadline for registering to vote in the Maryland primary election is April 1st, voter registration cards are available at the Town hall. You may also register to vote with Prince Georges' County Board of Elections located at 1100 Mercantile Lane, Suite 115A, Largo, MD 20774.

Let's all take participate in selecting those who will represent our interest.

Yours truly,

**Mayor Jacqueline Goodall**

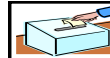
### Town of Forest Heights Town Meetings

#### *Mayor/Council Workshop Session*

First Monday of each Month at 7:30 p.m. , March 7, 2016

#### *Mayor/Council Meeting*

Third Wednesday of each Month at 8:00 p.m., March 16, 2016



**Town Election for  
the Councilperson  
in Wards I, II & III to be  
Held Wednesday,**

**March 9th, 2016**

## Roadway Rehabilitation & Improvements Rolph Drive Monday, March 7, 2016 at 6:00 pm

There will be a meeting held for the residents of Rolph Drive to discuss the Roadway Rehabilitation and Improvements—Rolph Drive Project. We encourage all residents of Rolph Drive to please come out to discuss the project with the Mayor and Town Council. All are welcome!

### Inside this issue:

Message from the Mayor Office	1
Business Section	2
Town Community Information	3

# **MUNICIPAL ELECTION NOTICE**

## **TOWN ELECTIONS FOR THE COUNCILPERSON IN WARDS, I, II & III**

Will be held at the Town Hall

Wednesday, March 9, 2016

### **Poll Hours**

Open at 11:00 AM—Close at 8:00 PM

### **YOUR POLLING PLACE**

**Forest Heights Municipal Building 5508 Arapahoe Drive Forest Heights, MD 20745**

### **TOWN ELECTIONS FOR THE COUNCILPERSON IN**

#### **Ward I,**

#### **CANDIDATES FOR WARD I**

C. Lynn Smith-Barnes— Incumbent

#### **Ward II,**

#### **CANDIDATES FOR WARD II**

Jonathon Kennedy II— Incumbent

#### **Ward III,**

#### **CANDIDATES FOR WARD III**

Brian McLaurin— Incumbent

Please come out and cast your vote!

# Town Community News

## Forest Heights Green Team



Are you interested in saving our planet, helping the Oxon Run or reducing your carbon footprint? If so, join us and be part of our Forest Heights Green Team. All are welcome!

**March 7, 2016 at 6:00 p.m.**

**Host by Ms. Bonita Anderson**

## Prince George's County Begins Pothole Blitz

**For immediate release:**

2/29/2016 11:00:00 AM

**For more information, contact:**

Paulette Jones, DPW&T Public Information Officer, (301) 883-5600

**LARGO, MD** – The Prince George's County Department of Public Works and Transportation (DPW&T) will focus their efforts on filling potholes caused by the cold weather and snow. The County-wide Pothole Blitz will begin on March 1, 2016.

"DPW&T is looking forward to working in the communities, in this concentrated effort to ensure that County and State roadways are well-maintained and safe for all motorists," said DPW&T Director Darrell Mobley. "DPW&T will dedicate all of its maintenance personnel and resources for this sustained effort to repair the potholes on County roadways."

Motorists are advised to stay alert and be aware of trucks and crews working on the roadways. Travelers are also encouraged to stay safe and slow down as you approach a work zone.

To report the locations of potholes, please call CountyClick at 311 from 7 a.m. until 7 p.m. Monday – Friday or submit your information online at [www.countyclick311.com](http://www.countyclick311.com).

For more information please visit our website [news page](#).

## ARE YOUR APPLIANCES SAVING ENERGY?

Come sign up for the  
**Weatherization Assistance Program.**  
**See what they can do for you, it's Free!**  
**CONGRATULATIONS TO THOSE THAT PARTICIPATED!**

Now we are ready for round four, please see below information:

**The Weatherization Assistance Program Income Table Household** (Veterans and/or Retired Home-owners will be given preference)

1 person: income below \$63,900

2 people: income under \$73,000

3 people: income under \$82,100

Please contact Bonita Anderson (301) 839-1030 to request that your house be submitted for consideration for this opportunity.

Hello! Great response on the return of the Forest Heights Community Satisfaction Survey, but there are still more out there. Please mail /bring in your Survey today.

## FOREST HEIGHTS COMMUNITY SATISFACTION SURVEY

To help us better serve you, please complete this survey and return it to the Forest Heights Town Hall Building at your earliest convenience. Thank you!

Please indicate which Word you reside in: \_\_\_\_\_

May we contact you? \_\_\_\_ If yes, please provide your name and contact information below: \_\_\_\_\_

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I enjoy being a resident of the Town of Forest					

## March is Women's History Month

Join the Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum in paying tribute to the generations of women whose commitment to nature and the planet have proved invaluable to society.

## MARYLAND RESIDENT INCOME FORM 502 TAX RETURN

OR FISCAL YEAR BEGINNING

2014, ENDING

Social Security Number		Spouse's Social Security Number	
Your First Name	Initial	Last Name	
Spouse's First Name	Initial	Last Name	
Present Address (No. and street)			
City or Town	State	ZIP code	
Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6.)		Maryland County	City, Town or Taxing Area

## Maryland Resident Tax Return 2015 - Form 502

A major source of revenue that the Town receives each year is the Town's share of income taxes, which each resident pays to the State of Maryland. Remember to write Town of Forest Heights in the box marked city, town or taxing area. If you use a tax form online, please type TOWN OF FOREST HEIGHTS in the box (there are not enough spaces for the complete spelling). This will ensure that a portion of your tax dollars will return to the Town so that the Town can continue to provide exceptional municipal services. Do not assume that people at the state level understand the different municipalities that share the 20745 zip code. Thank You from the Forest Heights Family.

## Town Community News (continued)

Pro Bono Opportunity

### **ASSISTING WITH CRIMINAL EXPUNGEMENTS IN GREENBELT**

**Saturday, Mar. 5, 10am-2pm**

**Seeking Pro Bono Attorneys!**

**No experience necessary!** Training will be provided on Wednesday, Mar. 2 @ 6:15 PM in M0421 of the Upper Marlboro Courthouse. Must attend training if first time volunteer with Expungement Project!  
To volunteer (and RSVP for the training), please email Ben Rupert: [berupert@co.pg.md.us](mailto:berupert@co.pg.md.us).

**Event will take place at the Reid Temple AME Church**

LOCATED at 11400 Glenn Dale Blvd., Glenn Dale, MD 20769



Sponsored by the Prince George's County Bar Association, Maryland State Bar Association Young Lawyers Section, J. Franklyn Bourne Bar Association, Prince George's Pro Bono Committee, and Community Legal Services of Prince George's County

### **It's Spring Cleanup Again!!**

**Please help us reach our goal of 100 volunteers.**



April has become our town's annual clean up Month. This year it will run from April 25th until April 29th. Let's have a **Community Yard Sale**, on the 16th of April. On the 30th everyone, can come out and help clean our community up. We are looking for volunteers again. If you are interested in being part of the **FOREST HEIGHTS SPRING CLEAN UP** service hours will be given to those high school students who wish to participate in the planning, as well as the clean up. Please contact Mrs. Sherletta Hawkins (Bean) or leave a message at the Town Hall (240-289-2300).

**NATIONAL  
LEAGUE  
of CITIES**



**Proud Participant in the National League of Cities  
Service Line Warranty Program**

**Town of Forest Heights-MD**

is proudly recognized for participating in the National League of Cities (NLC) Service Line Warranty Program. The NLC Service Line Warranty Program is designed to help city leaders educate residents about their service line responsibilities and help homeowners save thousands of dollars on the high cost of broken and leaking service line repairs.


November 2015  
Date



Brad Calmicheal  
Vice President, Business Development



## Town Community News (continued)



### SATURDAY THEATER SPRING CAMP

SPONSORED BY:  
Forest Heights, Southern Maryland Youth Theater Committee

**2016 Kickoff With a Free Show Starring the  
Coalition of African Americans for Performing Arts,  
with the Youth Opera for Fun Presentation**

**March 18, 2016 7:30 p.m.**

**Forest Heights Municipal Building  
5508 Arapahoe Drive, Forest Heights MD 20745**

**COST FREE**  
Grades 4, 5 and 6

**WHEN**  
Week 1—March 26, 2016  
Week 2—April 02, 2016  
Week 3—April 09, 2016  
Week 4—April 16, 2016  
Week 5—April 23, 2016  
Week 6—April 30, 2016  
Week 7—May 07, 2016  
Week 8—May 14, 2016  
Showtime! 1:30 p.m. to 3:30 p.m.

**WHERE**  
Forest Heights Municipal Building  
5508 Arapahoe Drive, Forest Heights Maryland 20745

Acting/Music Theater Camp! Come join us on an exciting adventure into the world of theater and musical theater. We will spend our day learning vocal training, stage directing with and acting breakout session.


**FREE!** Presentations to area residents on Saturday May 21, and Sunday May 22, 2016 7:30p.m...



*Parents or Guardian approve of this program for their child to participate in and agree to release and hold the Town harmless for any injuries or death that may occur to the participant while participating in this program:*

Signature \_\_\_\_\_ Student Name \_\_\_\_\_  
School \_\_\_\_\_ Grade \_\_\_\_\_ Home No. \_\_\_\_\_ Cell \_\_\_\_\_

also you agree that any photographs taken of your child while engaged in program activity are the property of the Town of Forest Heights and your consent to same.

Elementary School Includes  
Forest Heights Elementary School, Flintstone Elementary School,  
Glassmanor Elementary School and Valley View Elementary School



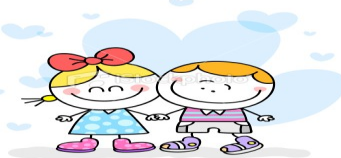



Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this material/flyer.

### YOUTH DIRECTORY

Do you have a teen that has the entrepreneurial spirit? Does he/she walk dogs, shovel snow, tutor, babysit? Well the Town would like to create a jobs directory for teens. Residents seeking services of one of the Town youths will be able to contact the teen's parent/guardian to hire them for projects as needed. Please have your child submit his or her job ad to the Town. The Town reserves the right to reject the submission if it is offensive. Please call the Town Hall at 301-839-1030 for more information.

Are you the biological mother of a 5-10 year -old child that has Attention-Deficit/Hyperactivity Disorder (ADHD)?



If so, you may be eligible to participate in a study being conducted by the University of Maryland ADHD Program, which involves:

- 2 visits to the University of Maryland
  - \$100 compensation for research participation
  - 2-hour helpful parenting Tips workshop
- Questions? Want to Learn More?

Contact the Maternal Imaging Study at  
(301) 405-4606 or marylandadhdprogram@gmail.com



## 2016 MARYLAND BLACK MAYORS INC. SCHOLARSHIP CONTEST

In Partnership With...

Mayor Jacqueline Goodall Forest Heights, Maryland



The 2016 Maryland Black Mayors Inc. (MBM) scholarship will be awarded to a talented, deserving high school graduate or first-year college student matriculating to college/university or technical school in the 2016-2017 school year. Application guidelines and forms are available at the Town Hall. The deadline for submission is **April 1, 2016** at 5pm. The winning Forest Heights student will be presented with the scholarship at the Maryland Black Mayors Annual Honors Gala on May 6, 2016.

**SCHOLARSHIPS ARE OPEN TO ALL APPLICANTS REGARDLESS OF RACE, CREED, COLOR, RELIGION, SEXUAL ORIENTATION OR DISABILITY.**

## Trusted, Comfortable & Caring Dentistry

**NOW  
ACCEPTING  
NEW PATIENTS**  
NO OUT-OF-POCKET  
COST FOR MOST  
INSURED PATIENTS!

**\$99**

### **Cleaning, Polishing, Exam & X-Rays**

For uninsured patients. Regular value of \$339. Offer does not include periodontal (gum) therapy. Offer good for new & returning patients who have not been seen in the last 24 months. One-time offer.

**FREE**

ORAL CANCER SCREENING with all cleaning appointments with Betsy, our FANTASTIC Registered Dental Hygienist who has over 30 years of experience!

### ***DON'T FORGET!***

Summer is the perfect time  
to schedule your  
children's appointments.

**DON'T HIDE YOUR SMILE! GO WIRELESS!**



**invisalign®**

The Clear Alternative to Braces

Get the **beautiful smile** you've always  
wanted without the metal-mouth!

## Cieplak **DENTAL** *Excellence*

Personalized & Comfortable

**Expanded Weekday Hours!**

6265 Crain Hwy, La Plata  
301-609-9999

5722 Livingston Road, Oxon Hill  
301-839-8888

[www.PatCieplakDDS.com](http://www.PatCieplakDDS.com)

1960788

## ***Town Community News (continued)***

**The Forest Heights Healthy Living Program  
invites you to a health seminar on:**



**WITH CHEF WARE**



***Monday, March 14, 2016 @1-2 PM***  
**Forest Heights Municipal Building**  
**5508 Arapahoe Drive**  
**Forest Heights, MD 20745**

For information contact Mrs. Turner at 202-330-3043 or email  
Turnerkchar@aol.com

Are you doing all you can for  
your Health?



**Seniors Exercise Classes**  
**Monday and Wednesday,**  
**Class Begins at 12:00 noon**



**IS YOUR CHILD FREE ON  
SATURDAYS?**  
**FOREST HEIGHTS HAS A  
CHEER & DANCE PROGRAM**  
**"LIMITLESS ALL STARZ"**  
**EVERY SATURDAY**  
**10:30-1:00 PM**  
**AGES 8 YRS TO 18 YRS**  
**Call Nikkei 301-404 6772**

### **Forest Heights Host a Seminar on Shingles Last Month**

#### **What is shingles?**

Shingles is a painful skin rash, often with blisters. It is also Called Herpes Zoster, or Just Zoster.

A shingles rash usually appears on one side of the face or body and lasts from 2 to 4 weeks. Other symptoms of shingles can include fever, headache, chills and upset stomach. Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox.

Shingles is far more common in people 50 years of age and older than in younger people. It is also more common in people whose immune systems are weakened because of a disease such as cancer, or drugs such as steroids or chemotherapy. At least 1 million people a year in the United States get shingles.

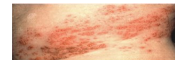
#### **Shingles vaccine**

A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine reduced the risk of shingles by 50%.

**Some people should not get shingles vaccine or should wait.** If you ever had a life-threatening allergic reaction to gelatin, the antibiotic neomycin, or any other component of shingles vaccine. Tell your doctor if you have any severe allergies.

Having a weakened immune system because of current: AIDS or another disease that affects the immune system, Treatment with drugs that affect the immune system, such as prolonged use of high-dose steroids, Cancer treatment such as radiation or chemotherapy, Cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma.

Someone with a minor acute illness, such as a cold, may be vaccinated. But anyone with a moderate or severe acute illness should usually wait until they recover before get thing the vaccine. This includes anyone with a temperature of 101.3°F or higher.



### ***The Forest Heights Healthy Living***

***Program invites you to a health seminar on:***

### **Caring for Our Bodies**



**Thursday, March 24, 2016 @ 1-2pm**  
**Forest Heights Municipal Building**  
**5508 Arapahoe Drive**  
**Forest Heights, MD 20745**



\*\*\*\*\*EWCWSS\*\*\*\*

Local Forest Heights  
Post Customer

PRSWRT STD  
ECRWSS  
U.S. POSTAGE  
PAID

## ***Town Community News (continued)***

**Trash/Recycle Collection is to be Placed at the Curb the Night before Collection**



**PICK-UP DAYS BEGIN AT 6:30 a.m.**

**MONDAY—Recycle & Trash**

***Yard Waste will be Picked Up on Wednesday***

**THURSDAY—Bulk**

**Call a head for METAL PICK-UP. Metal placed on the curb will be picked up by Public Works for a minimum of \$35.00.**

***Propane Tank Pick-ups are \$30 each***

### **Stay Connected**

#### **Town Meetings Now Available Online**

Don't miss out on the latest community news, events and projects! Our Town meetings are now available for viewing at [FH Community Video](#), and check us out on [Forest Heights Facebook](#). May we have your email address? The Town is continuing to develop its residential Email list to inform residents of activities, events, and news in and around the Town. Please contact Town Hall 301-839-1030, with your name and email address or send it to: [shawkins@forestheightsmd.gov](mailto:shawkins@forestheightsmd.gov)

## **HELP PREVENT CRIME!**

See something odd? Not quite right? Seems out of the norm? Gives you pause?

**This is when you should call the Police!!**

**For all emergencies 911**

**Police non-emergency 301-352-1200**

**FHPD OFFICE: 301-839-4040**

## ***Forest Heights Notary***

**9 am - 4 pm Monday - Friday**

**Notary is \$2 per document**

### **ADMINISTRATIVE OFFICES**

**Phone (301) 839-1030 Fax (301) 839-9236**

**8:30a.m.—5:00 p.m.**

**[www.forestheightsmd.gov](http://www.forestheightsmd.gov)**

**Mayor Jacqueline Goodall—ext. 1223**

[jacquelinegoodall@msn.com](mailto:jacquelinegoodall@msn.com)

### **TOWN COUNCIL**

#### **Ward I**

**C. Lynn Smith-Barnes—ext. 1301**

[ward1handinhand@aol.com](mailto:ward1handinhand@aol.com)

**Robert Barnes —ext. 1303**

[RBarnes@forestheightsmd.gov](mailto:RBarnes@forestheightsmd.gov)

#### **Ward II**

**Jonathon Kennedy II— ext. 1304**

[jwkennedy2@yahoo.com](mailto:jwkennedy2@yahoo.com)

**Cynthia Mann— ext. 1305**

[CMann@forestheightsmd.gov](mailto:CMann@forestheightsmd.gov)

#### **Ward III**

**Habeeb-Ullah Muhammad— ext.1300**

[ward3muhammad@yahoo.com](mailto:ward3muhammad@yahoo.com)

**Brian McLaurin—ext 1302**

[bmrides@msn.com](mailto:bmrides@msn.com)

### **ADMINISTRATIVE OFFICES**

**Vern Haefele,**

**Town Administrator— ext. 1234**

[VHaefele2010@gmail.com](mailto:VHaefele2010@gmail.com)

**Bonita Anderson, Town Clerk—ext. 1233**

[BAnderson@forestheightsmd.gov](mailto:BAnderson@forestheightsmd.gov)

**Sherletta Hawkins,**

**Administrative Assistant—ext. 1229**

[SHawkins@forestheightsmd.gov](mailto:SHawkins@forestheightsmd.gov)

**Leittia Vaughn, Town Treasurer—ext. 1235**

[LVaughn@forestheightsmd.gov](mailto:LVaughn@forestheightsmd.gov)

### **PUBLIC WORKS DIRECTOR**

**Stanley Mosley—ext.1231**

[smosleysr@forestheightsmd.gov](mailto:smosleysr@forestheightsmd.gov)

### **POLICE DEPARTMENT**

**(301) 839-4040**

**Chief of Police Stewart Russell—ext. 1224**

[srussell@forestheightsmd.gov](mailto:srussell@forestheightsmd.gov)

**Latessa Crawford, Police Clerk—ext. 1225**

[lcrawford@forestheightsmd.gov](mailto:lcrawford@forestheightsmd.gov)

### **CODE ENFORCEMENT OFC**

[Rsmith@forestheightsmd.gov](mailto:Rsmith@forestheightsmd.gov)

**Eastover District IV Police**

**(301) 749-4900**

**EMERGENCY DIAL 911**



## COMMUNITY CALENDAR MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup Genealogical Society meeting . 301-262-2063. <a href="http://pgcgs.org">pgcgs.org</a> . Free.	3 Bulk Trash 3 Items or Less	4 Chaise-Lounge-Band 8pm Five of the Washington area's top jazz musicians play 301-377-7800	5 Forest Heights Limitless StarZ Dance 9-noon  Tasting the Past: A Taste of Maryland 2:30p.m. 301-864-0420
6	7 MAYOR/COUNCIL MEETING 7:30P.M. Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	8	9 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	10 Bulk Trash 3 Items or Less	11	12 Forest Heights Limitless StarZ Dance 9-noon
13	14 Seminar on 1-2p.m.	15	16 MAYOR/COUNCIL WORKSHO MEETING 8:00P.M. Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup Kids' Day Out: Sand Castle 10:30am. 10701 Livingston Rd., Fort Washington 20744	17 Bulk Trash 3 Items or Less FH Seminar on 1-2p.m.	18	19 Forest Heights Limitless StarZ Dance 9-noon  World Dance Showcase 8p.m. 5445 Landover Rd., Cheverly 20784
20 Come out to The Black Dog's Dog Adoption Day 12-6:30pm National Harbor	21 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	22	23 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	24 Bulk Trash 3 Items or Less	25	26 Forest Heights Limitless StarZ Dance 9-noon  Bobby McKey's! Kids Day 1p.m. National Harbor
27	28 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	29	30 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	31 Bulk Trash 3 Items or Less		

### Prince George's County Department of Social Services

#### FREE FRESH SEASONAL PRODUCE 4pm-6pm

One distribution per household Please bring your own bags.

**January 24 and June 20**

**Hyattsville**—District Office PGCDSS 6505 Belcrest Road, Hyattsville, MD 20782

**April 18, April 19, May 16, and May 17**

**Temple Hills**—Iverson Mall (in front of Burlington Coat Factory) 3737 Branch Avenue, Hillcrest Heights, MD 20748

**February 15, March 15, April 19, May 17 and June 21**

**Brandywine**—Gwynn Park High School (Dyson Road parking lot) 13800 Brandywine Road., Brandywine, MD 20613



# **Sands Casino Excursion Bethlehem, PA**

**Sponsored by The Oxon Hill Recreation Club**

**Join us on our next Casino trip to Bethlehem, PA.  
Visit the Casino, Spa, Shop the Outlets and more**  
The Outlets at Sands Bethlehem offers the hottest Outlet brand names like  
Coach, Under Armour, Tommy Hilfiger and more!

## **Saturday, April 2nd, 2016**



**Cost \$45 per person**

**At the Casino receive: \$30 in slot play (subject to change) & \$5 meal ticket**

**On the Bus: Play the 50/50 raffle and read, converse or watch movies**



**Money due: March 19<sup>th</sup>, 2016**



**Depart 9 a.m. & Return 11 p.m.  
Oxon Hill Recreation Club  
1661 Tucker Rd  
(next to Knights of Columbus)  
Oxon Hill, MD**

There is plenty of free parking. Send check, made payable to OHRC and mail to P O Box 342 Oxon Hill MD 20745 by Mar 19<sup>th</sup>, 2016 Please include your phone number.

Questions: Contact 301-567-7492 and *speaking slowly and clearly*, leave message - it will be returned





**\$20.00 Off**  
**Any Service**  
**When You**  
**Present Coupon**

**\$50.00**  
**Preventive**  
**Maintenance**  
**!!! SPECIAL !!!**

**About us. . .**

- Supreme Comfort Heating and Air Conditioning is a family owned and operated business located in Forest Heights, Maryland.
- We specialize in the service, installation and maintenance of all types of A/C and Heating equipment.
- We have over 20 years experience in the Heating, Ventilation and Air Conditioning (HVAC) field.
- Please call us if you have any problems or questions.
- Like us on  to receive discounts and tips for your HVAC system.
- Refer us to your family and friends and receive \$20.00 OFF of your next service call.

***Your Comfort Reigns Supreme***